



National Nutrient Database for Standard Reference

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Statistics Report 15043, Fish, herring, Pacific, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	71.52	84	0.477	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Energy	kcal	195	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Energy	kJ	816	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	16.39	70	0.133	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Total lipid (fat)	g	13.88	128	0.475	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Ash	g	2.37	71	0.031	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Minerals													
Calcium, Ca	mg	83	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Iron, Fe	mg	1.12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Magnesium, Mg	mg	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Phosphorus, P	mg	228	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987

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Potassium, K	mg	423	--	7.117	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Sodium, Na	mg	74	--	0.631	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Zinc, Zn	mg	0.53	--	0.050	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Copper, Cu	mg	0.078	--	0.006	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Manganese, Mn	mg	0.045	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Selenium, Se	µg	36.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/1997
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1987
Thiamin	mg	0.060	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Riboflavin	mg	0.200	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Niacin	mg	2.200	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Pantothenic acid	mg	1.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Vitamin B-6	mg	0.450	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, total	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987
Folate, DFE	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2001
Vitamin B-12	µg	10.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/1987

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Vitamin A, RAE	µg	32	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Retinol	µg	32	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2002
Vitamin A, IU	IU	106	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lipids													
Fatty acids, total saturated	g	3.257	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
14:0	g	0.913	--	0.043	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:0	g	2.023	--	0.266	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:0	g	0.257	--	0.024	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total monounsaturated	g	6.872	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
16:1 undifferentiated	g	1.057	--	0.016	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:1 undifferentiated	g	2.913	--	0.471	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:1	g	1.359	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:1 undifferentiated	g	1.492	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Fatty acids, total polyunsaturated	g	2.423	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated	g	0.192	--	0.051	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:3 undifferentiated	g	0.057	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
18:4	g	0.248	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:4 undifferentiated	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
20:5 n-3 (EPA)	g	0.969	--	0.165	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:5 n-3 (DPA)	g	0.172	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
22:6 n-3 (DHA)	g	0.689	--	0.170	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cholesterol	mg	77	--	5.391	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Amino Acids													
Tryptophan	g	0.184	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Threonine	g	0.719	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Isoleucine	g	0.755	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Leucine	g	1.332	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Lysine	g	1.506	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987

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Methionine	g	0.485	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Cystine	g	0.176	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Phenylalanine	g	0.640	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Tyrosine	g	0.553	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Valine	g	0.845	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Arginine	g	0.981	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Histidine	g	0.483	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Alanine	g	0.991	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Aspartic acid	g	1.679	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glutamic acid	g	2.447	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Glycine	g	0.787	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Proline	g	0.580	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Serine	g	0.669	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/1987
Other													